

## Promoting Motor Skills through Play!

**Gross Motor Skills** are movements that involve the large muscles of the body.

### Strengthening:

#### Tip:

- Provide opportunities for your child to move in lots of different ways

#### Activities:

- Mimic different "animal walks". Pretend to be a dog, a crab, a frog or a bunny.
- Set up obstacle courses at the playground.

### Jumping & Hopping:

#### Tip:

- Begin jumping with two feet and progress to hopping on one foot

#### Activities:

- Practice jumping over sticks, lines in the sidewalk, skipping ropes, or into/out of hula hoops
- Play hopscotch or draw your own using sidewalk chalk

### Throwing & Catching:

#### Tip:

- Start with big items and close distances

#### Activities:

- Practice catching different materials such as balloons, bean bags, and beach balls
- Practice throwing at targets

### Balance:

#### Tip:

- Start by providing support e.g. stand close to a wall or hold hands

#### Activities:

- Practice standing on one foot
- Walk along curbs, lines, and balance beams

### Midline Crossing:

#### Tip:

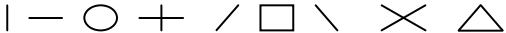
- Cross hands and feet to the opposite side of the body

#### Activities:

- Play imitation games like "Simon Says" with cross body movements
- Draw rainbows on a large piece of paper on the wall or floor

## Promoting Motor Skills through Play!

**Fine Motor Skills** are movements that involve the small muscles of the hands and fingers, and require the eyes and hands to work together.

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| <b>Hand Dominance:</b>        | <b>Tip:</b> <ul style="list-style-type: none"> <li>Allow your child to choose which hand to use as his/her preferred hand</li> </ul>                                | <b>Activities:</b> <ul style="list-style-type: none"> <li>Participate a variety of two-handed activities e.g. stringing beads and cutting with scissors</li> <li>Practice self-care skills e.g. brushing hair and teeth</li> </ul>                                                                   |
| <b>Hand strength:</b>         | <b>Tip:</b> <ul style="list-style-type: none"> <li>Use materials and tools that provide resistance</li> </ul>                                                       | <b>Activities:</b> <ul style="list-style-type: none"> <li>Play with playdough</li> <li>Build with Duplo, Lego, or pop beads</li> </ul>                                                                                                                                                               |
| <b>Pincer Grasp:</b>          | <b>Tip:</b> <ul style="list-style-type: none"> <li>Pick up small items using the thumb and pointer finger rather than scooping items with the whole hand</li> </ul> | <b>Activities:</b> <ul style="list-style-type: none"> <li>Play “pick-up” games with pennies or buttons</li> <li>Peel off and stick stickers</li> </ul>                                                                                                                                               |
| <b>Pre–printing skills:</b>   | <b>Tip:</b> <ul style="list-style-type: none"> <li>When learning to print, always start at the top!</li> </ul>                                                      | <b>Activities:</b> <ul style="list-style-type: none"> <li>Draw the following shapes in finger paint, foam soap, sand or with flashlights</li> <li>Make these shapes with playdough, or pipe cleaners</li> </ul>  |
| <b>Cutting with Scissors:</b> | <b>Tip:</b> <ul style="list-style-type: none"> <li>Begin with short snips and straight lines</li> </ul>                                                             | <b>Activities:</b> <ul style="list-style-type: none"> <li>Practice snipping straws, playdough snakes, Styrofoam peanuts, or French fries</li> <li>Cut magazines/flyers to make collages and greeting cards</li> </ul>                                                                                |
| <b>Dressing Skills:</b>       | <b>Tip:</b> <ul style="list-style-type: none"> <li>Involve your child in choosing his/her clothes for the following day</li> </ul>                                  | <b>Activities:</b> <ul style="list-style-type: none"> <li>Play dress up</li> <li>Practice with dressing dolls and dressing puzzles</li> </ul>                                                                                                                                                        |